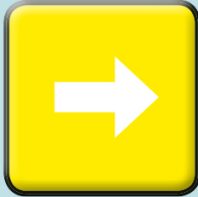


Innovate... Let's get creative!



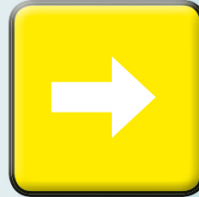
Write simple instructions that help the grown-ups know what to do for your activities.



Draw a diagram with labels to show what special clothing grown-ups should wear to exercise.



Get set! Set up your games and activities, making sure you have all the right equipment. Talk to your grown-ups to help them know what to do!



How will you record the scores of the people who take part in your challenges? Maybe a table or a chart would help?



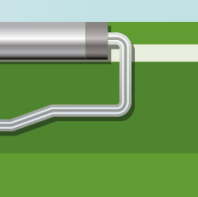
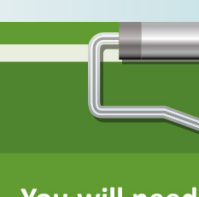
What equipment will you need for your activities? Make a list, then collect everything together.

Let's get moving!

Remember to make sure you're doing proper stretches before starting your activities.

Don't do too much at once; build up your exercises slowly.

If you ever start feeling any pain, stop and take a rest.

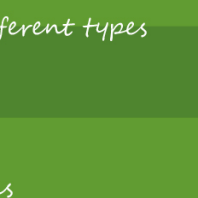


Shape up!

Grown-ups can find it tricky to fit exercise and play in to their busy lives. Working and looking after you and your family can mean there isn't much free time. Let's get those grown-ups moving, feeling stronger, fitter and more energetic. We need to get their heart rate up and make their lungs work harder with a Sporting Challenge Day!

Remind grown-ups to wear proper sports shoes for playing in.

Remember to drink little and often during exercise to keep your body hydrated.

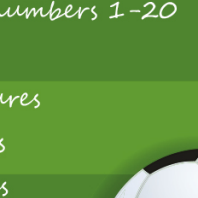
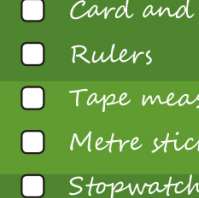


Group huddle! Time to decide how to get your grown-ups moving! You might need to vote if you can't all agree!

Remind your grown-ups to listen carefully to instructions for how to play!

Lead a stretch and cool down session for all of the grown-ups. Make sure they don't fall asleep!

Ask the grown-ups to explain how they feel after taking part.



Take a photograph of your whole team and display on the school website or newspaper.

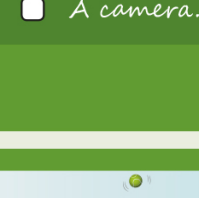
Calculate... who has come 1st, 2nd and 3rd?

Group huddle! Time to decide how to get your grown-ups moving! You might need to vote if you can't all agree!

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Calculate... who has come 1st, 2nd and 3rd?

CONGRATULATIONS! You have completed your Innovation Challenge.



Lead a stretch and cool down session for all of the grown-ups. Make sure they don't fall asleep!



Ask the grown-ups to explain how they feel after taking part.



Take a photograph of your whole team and display on the school website or newspaper.

